

## Grilled Chicken for Lettuce Tacos, Taco Bowls, Salads

- 1 pound boneless, skinless chicken thighs or breasts we prefer thighs
- 2 cloves garlic minced
- 1 tablespoon lime juice optional
- 1.5 tablespoon olive oil
- 1 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon Himalayan sea salt
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper



1. Add the chicken, garlic, olive oil, lime and spices to a large bowl or zip-seal bag.
2. Place in fridge and let marinate for at least 15-30 minutes or up to 24 hours.
3. Remove chicken from marinade and discard marinade. Place chicken on a grill or pan heated to medium-high heat. Let chicken cook until it is no longer pink on the inside, about 6-7 minutes per side (or until it has reached an internal temperature of 165 degrees F).
4. Serve chicken in lettuce tacos, bowls, on salads or cauliflower rice.

Makes 5 servings.

Serving size: 3 oz chicken

Enjoy with 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

